

Clareview to Stadium - Buses replace LRT service

May 21-23 Details: takeETS.com

ETS

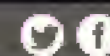
Edmonton metro

PM STANDS UP FOR
TRANSGENDER RIGHTS
metroNEWS



Your essential daily news | TUESDAY, MAY 17, 2016

High 24°C/Low 9°C Dry



How Edmonton is coping **metroNEWS**

A new fire threat

FORT MCMURRAY

Wildfire forces the evacuation of camps to city's north

A precautionary evacuation cleared employees out of work camps north of Fort McMurray due to the threat of a quickly spreading wildfire Monday.

Non-essential personnel are leaving while others were staying to conduct work on the plant and engage in fire-fighting.

There are about 4,000 workers at 12 camps in the area, including many at Suncor and Syncrude.

Officials say another 500 to 600 people in four small camps along Aostia Road are under a mandatory evacuation.

Scott Long of the Alberta Management Agency says there is no panic and the evacuations are being done in an orderly manner.

Officials say thick smoke is also posing a hazard.

The Rural Municipality of Wood Buffalo said the fire was moving 30 to 40 metres per minute and was expected to burn six kilometres in two hours on Monday evening.

"This controlled, precautionary evacuation is an example why

it is not safe to be in the Regional Municipality of Wood Buffalo at this time," the municipality said late Monday afternoon in a news release.

Earlier Monday, officials warned the air quality in the

Fort McMurray area was dangerously poor. THE CANADIAN PRESS

38

The air quality health index is normally one to 10, but the reading Monday morning was at 38.

More coverage,
metroNEWS

New! ETS shuttle routes to
Edmonton Valley Zoo and Fort Edmonton Park

Weekend service starts **May 21**, Daily starts **July 1**. Details: takeETS.com

ETS

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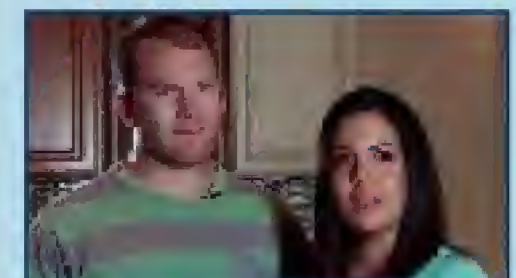
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DON & ESTER JENSEN

Closed Sales - 10 closed deals
(including partnerships and wholesale)
Profits from Sales & Wholesale
\$228,750

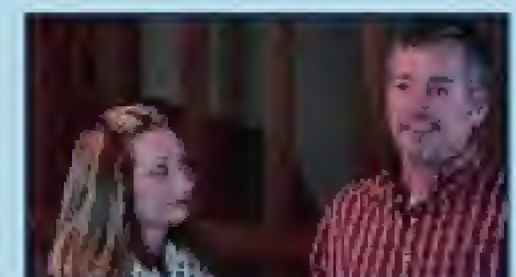
"We have also made around 20k just in referral fees for Hard Money referrals"

Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - \$2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014



MELVA & LEON

1st Property made \$37,328
2nd Property made \$52,865
3rd Property made \$100,105
Total of \$190,298 in profit in 6 months. Since then...
2 Cash Flow properties at \$2,500/mth



JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit \$5,000
2nd Flip - profit \$8,000
1 in construction - estimated profit \$80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow \$34,000/mth
1 Purchased Duplex - \$800/mth

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EDMONTON

Thursday, May 26

12:30 pm or 6:30 pm

Four Points by Sheraton
Edmonton South
7230 Argyll Road NW

EDMONTON

Friday, May 27

12:30 pm or 6:30 pm

Delta Edmonton Centre
Suite Hotel
10222 102 Street

EDMONTON

Saturday, May 28

10:00 am or 2:00 pm

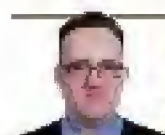
Hilton Garden Inn
West Edmonton
17610 Stony Plain Road





HOUSING

Rental site set up for evacuees



Ryan Tumilty
Metro | Edmonton

Edmonton's Capital Region Housing Corporation is teaming with online rental site Yardi to create a registry of properties in the city for Fort McMurray evacuees.

Yardi operates the site rent-caffe.com/canada, and the registry will show units that are available for evacuees, including about 40 offered by the CRHC.

"It is our hope that through this central registry, families will find a temporary place to call home," said Greg Dewling, CRHC's CEO.

The Housing Corporation has more than 4,500 families on a waiting list for social housing units. Dewling said it would be for families from Fort McMurray to get into that type of unit as a result, but added the organization also has stock of affordable housing that could be swiftly made available.

"The affordable housing is available today," he said. "We have close to 40 units available immediately and could move them in, in 24 hours."

The organization is offering to cut security deposits and provide two months free rent for Fort McMurray evacuees.

Peter Altobelli, a vice-president with Yardi, said most private companies registering on the website are offering similar deals.

IN BRIEF

Patriarch gorilla dies

The Calgary Zoo's beloved silverback gorilla, Kakinga, was like most dads — he held his daughters close and liked to tease his sons.

Kakinga, 37, died Saturday night after he developed a large tear in his aorta, causing the sac around his heart to fill with blood, which stopped it from beating.

Dr. Malu Celli, curator at the Calgary Zoo, said Kakinga was kind, loving and a diligent leader.

JEREMY SIMES/FOR METRO



Kemi Amodu is one of 11 grad students across the country competing in the Three-Minute Thesis competition. ALEX BOYD/METRO

Three minutes to focus on women's health issues

EDUCATION

Kemi Amodu is a finalist in national thesis competition



Alex Boyd
Metro | Edmonton

Oluwakemi Amodu — known as Kemi — has a three-minute pitch about her masters thesis that might take your breath away.

The pitch has advanced her through three levels of competition to become the only Albertan finalist in the national Three-Minute Thesis competition, organized by the

Canadian Association of Graduate Studies.

It goes a little something like this.

When she was 13, Wasilla was in labour for two days without access to medical help and then delivered a stillborn child.

Married to a man more than three times her age, Wasilla didn't have a choice about having a child, and to make matters worse developed an obstetric fistula — a tear between the vagina and bladder or bowel wall.

Wasilla isn't a specific person; instead, hers is the story that Kemi uses to represent all the women she encountered as a student nurse in Nigeria and their struggles with obstetric fistula.



I think it's hard for people to accept the fact that today, women do have the right to control what happens to them ... and to decide how many babies they want to have. Kemi Amodu

The condition often left women unable to escape the reek of urine and rejected by their families. Some even considered suicide.

"The problem was obviously a symptom of broader issues in society, and a symptom of the ignorance that currently exists towards women's health issues," Amodu, who is completing her masters degree at the University of Alberta, said.

After all, obstetric fistulas require only a 30-minute sur-

gery to cure and are almost unheard of in Canada — yet they remain common in the global south, mostly among young, poor women.

In Nigeria, Amodu points out that many girls marry young — 43 per cent before the age of 18. Poverty makes access to health-care difficult, as does the presence of terrorist groups like Boko Haram.

But Amodu, who will soon start her PhD in nursing, sees her research more broadly,

adding the common thread in all the countries where it persists is a lack of focus on women's health.

"I think it's hard for people to accept the fact that today, women do have the right to control what happens to them ... and to decide how many babies they want to have," she said.

"It's important that women's health is understood from the perspective of emancipation and growth and development, not just for Africa, but for the whole globe."

The 11 finalists in this year's thesis competition are being reviewed by an expert panel who will award the top prize of \$1,500.

People can also vote online for their favourite thesis.

GENDER EQUALITY

Night economy needs more women: Expert



Kevin Maimann
Metro | Edmonton

A nightlife expert says cities like Edmonton needs more women promoters, musicians and security personnel at its venues to create vibrant late-night atmospheres.

Researcher Marion Roberts, a professor of urban design at Westminster University in the U.K., said a co-ordinated effort

from city policy makers and late-night venues can make nightlife more safe and inclusive, and cut down on harassment.

"Maybe there are things that the local municipality can do to encourage women promoters, in the sense of certain start-up incubators and so on," Roberts told Metro after speaking at Edmonton's International Responsible Hospitality Conference last week. "They could have mini programs that specifically give help to women who might want to be-

come DJs or promoters — special grants, start-up grants maybe, special training programs."

Roberts' research has shown that women who try to break into scenes as musicians or promoters often feel they have to work twice as hard as men.

She pointed to initiatives like Brighton's monthly, women-led FemRock showcase of female performers, as positive moves that are bringing women into the spotlights occupied by men.

"It's the mainstream that

needs to change," she said, suggesting these issues should factor into decisions made around developing late-night entertainment in Edmonton's Ice District.

Venues especially need to clamp down on sexual harassment, she said.

"It's really important for business as well," she said, adding there is a need for a greater variety of places for people looking to go out for an evening drink, including more low-key, café-type environments.



Transportation Minister Brian Mason describes new rules that would dissuade rideshare companies from breaking rules as a "real hammer." METRO FILE

Province shares Uber tough fines

RIDESHARING

Daily penalty of \$50K unveiled for firms that break the law



Ryan Tumilty
Metro | Edmonton

The Alberta government will enforce new rules for rideshare companies like Uber with a \$50,000-per-day-penalty, should they try to operate outside the law.

Transportation Minister Brian Mason introduced changes to the Transportation Safety Act in the legislature Monday, includ-

ing previously announced requirements that rideshare drivers carry approved insurance, Class 4 drivers licences and criminal record checks performed by police.

The hefty fines will apply to any transportation network company or rideshare firm that allows drivers to continue to operate without all of these provisions in place.

Mason said given the large multinational nature of many of these companies, the penalty had to be significant.

"We didn't want this to just be the cost of doing business for

a company with deep pockets like Uber," he said.

The legislation also includes provisions to allow the province to seek an injunction to stop the company from operating.

"That's a real hammer," said Mason.

Mason said the province believes the Class 4, or commercial licence, is a necessary requirement to keep passengers using the service safe.

"We think it is the most appropriate licence for that type of service," he said.

Uber had little to say about the changes Monday. Company spokesperson Jean-Christophe de Le Rue released a statement indicating they would review the new provisions.

"We look forward to re-

viewing and commenting on the detailed regulations. We hope that the province will bring forward smart regulations that embrace the environmental, safety and economic benefits of ride-sharing."

The new bill also included other more minor changes, but did not include legislation the government has hinted will be coming to seize vehicles that are speeding excessively.

Mason said he expects that will come with another phase of changes to the legislation in the fall.

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Can Man Dan targets abuse

DOMESTIC VIOLENCE

Activist tells of own struggle as he sets out on 'wacky' quest



Alex Boyd
Metro | Edmonton

You may know him as the anti-poverty activist who camped out to raise donations for the food bank or as one of the many candidates in the recent Ward 12 byelection.

But now Dan Johnstone, also known as Can Man Dan, wants to be known as something else: an abuse survivor.

"Growing up, I was a victim of domestic violence — my mother and I," he said. "We had the misfortune of being trapped in a relationship, and (her live-in partner) would often get drunk at night and he would hit my mother or lock her in a room or threaten to take her life and bloody her," he said. "I remember every single detail."



Anti-poverty activist Dan Johnstone is devoting the next month to raising awareness of domestic violence in the city and raising funds for the Edmonton Women's Shelter. ALEX BOYD/METRO

While Johnstone has long been open about his childhood — his family's reliance on the food bank is a major reason he's such a devoted supporter — this is the first time he's gone public about

"I remember every single detail."
Dan Johnstone

his experience with domestic violence.

But he and his mother are sharing the story in the hope it helps the thousands of victims who face domestic abuse in Edmonton every year.

+ IN NUMBERS

Last year, WIN House served 267 women, 265 children and received 2,022 crisis calls.

To that end, Johnstone is devoting the next month to raising money for the Edmonton Women's Shelter, also known as WIN House.

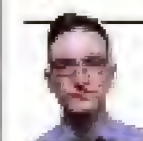
With his trademark fundraising flair, Johnstone is calling it the Month of Extreme and Wacky Stunts. He'll do a cheer with the Edmonton Eskimos cheer team, run from a police dog and walk the full width of the city.

"It's going to make some people laugh but it's also going to raise awareness, which is the most important thing," he said.

"And every single cent that is raised through these events will go to WIN house," he said. "They help so many women and children every year it's just ridiculous. They're such a great charity, and I want to make sure they're taken care of."

EDUCATION

Talks on joining schools get going



Kevin Maimann
Metro | Edmonton

The Edmonton Public School District has started consulting with the public on what to do with 15 aging west-end schools.

Parents and school officials were set to discuss potential plans for consolidation Monday evening at Britannia junior high.

While schools in the suburbs are overflowing, attendance at these schools and others in mature west Edmonton neighbourhoods is dwindling. Britannia in particular is less than one-third full.

The district announced in March it would start looking at options for the Britannia, Westlawn junior high and Rosslyn junior high areas because they have some of the district's oldest and most underutilized schools. Any plans will take years to carry out.



For certain men of style, self-confidence is expressed in everything they do. To blend in would be inconceivable. Such is the way of the man who wears Versace. Known for luxurious, statement prints and bright colours, Versace's collections have garnered a loyal following among musicians, celebrities and men who like to be remembered. Versace's Spring 2016 collection continues this proud tradition, and is on full display at Harry Rosen. Come explore the world of Versace online or in-store. You can now chat, email, or arrange an appointment online with one of our clothing advisors.

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Planters in the River Valley are feeling the effects of the dry conditions. RYAN TUMILTY/METRO

Dry spell an issue beyond firefighting

ENVIRONMENT

Lack of rain felt across much of city



Wildfires in northern Alberta are the biggest reason the province needs rain, but they're not the only one. Edmonton itself is experiencing difficulties as a result of the dryness. Here's how.

Sports fields

The city's sports fields are in rough shape thanks to a dry winter and spring that has left most fields bone dry.

"They're beginning to show it, some of them are getting real worn," said Marvin Kirkpatrick, who helps oversee the city's turf

fields. "We need some rain in a bad way."

He said the city has suspended aeration and fertilizing of most fields, because they would only make the situation worse.

Kirkpatrick said the conditions are so bad the city would like to reduce the demand on fields, but that's just not practical with so many teams using the space.

"Every league is going hot and heavy right now and it would be a real burden to them."

Trees surviving

Crispin Wood, manager of the city's urban forestry division, said so far the city's trees are doing okay in the drought conditions.

"We're monitoring the situation, surprisingly the trees are leafing out. We're not noticing significant decline," he said.

The city waters new trees after they're planted for four years, but after that they are largely left to stand on their own.

Wood said they can expand that a little if the rain doesn't come, but by and large they depend on Mother Nature and the trees usually manage.

"The majority of the species here have tolerated drought conditions before."

Water to spare

The city's water supply is not at risk in this prolonged dry spell, but EPCOR spokesperson Tim le Riche said that's due mostly to prudent long-term planning.

"We have two water treatment plants. We have 12 reservoirs around the city and right now we have the water to meet the demand," he said.

EPCOR expanded the E.L. Smith water treatment plant in 2008 and le Riche said it was planned for 40 years of city growth. He said even without any danger of the city running low, people should still be conservative with their water use.

RACIAL PROFILING

African youth unfairly carded



An Edmonton man says the African community in the city is unfairly targeted by police.

Mahamad Accord plans to make a public complaint at the Edmonton Police Service's police commission meeting Thursday.

"I have never met anybody (in Edmonton's African community) who met with the police and didn't have a bad experience," said Accord, who is the founder and CEO of the Tacalusa Institute, a human rights advocacy organization.

Accord claimed young men have been disproportionately

carded on the street despite not committing any crimes. "The community, what they feel, is that the young men or anybody walking — (police) will stop."

He said police have neglected the city's African community when it comes to solving crimes, evidenced by numerous unsolved homicides over the past decade as well as a lack of African-Canadian police officers. He said police have been made aware of the "systemic" discrimination and have been slow to act.

"Crime is happening in the community but (community members) are not coming forward to the police because they don't trust them," he said.

But Jibril Ibrahim, president of the Somali Canadian Cultural So-

ciety of Edmonton (SCCSE), said police have been co-operative and relations have improved significantly in recent years.

"Things have been stabilized now, things are changed. As far as the community and the police are concerned, I think they have a good relationship," he said.

Ibrahim said Edmonton's Somali community does not distrust police to a large extent. "We feel that this individual has used these kind of situations to create a wedge between media, our community and the police," he said. "We prefer to sit down and talk with people in a civilized manner."

An EPS spokesperson said police will not address the issue prior to Thursday's meeting.

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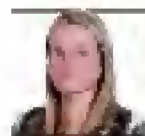


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Secret Wish winnings paid forward to Fort Mac family

CHARITY

Grieving dad of two donates prizes after losing ex-wife



Lucie Edwardson
Metro | Calgary

When the going gets tough, in the case of Brad MacMillan, the tough get giving.

Just weeks ago, MacMillan's estranged wife was seriously injured in a car accident — dying the following day and leaving him a single parent to their two children, Jasmine, 8 and Gabriel, 4.

MacMillan said although they were separated, he and his wife Robyn Curtis, remained good friends and co-parents.

When people found out what had happened to their family, they wanted to do something for MacMillan to help him out, so someone nominated him for local radio station CJAY 92's Secret Wish — and he was chosen.

"I have no idea who submitted my name," he said. "It was a big surprise."

MacMillan said he got a call from CJAY 92 host, JD Lewis, who told him he'd won and surprised him with the winnings at his front door.

According to MacMillan,



Brad MacMillan and son Gabriel. MacMillan was nominated for CJAY 92's Secret Wish. After covering the funeral expenses for his estranged wife, he donated the remaining prize winnings to a Fort McMurray family recovering from the devastating wildfires. CONTRIBUTED

the prize was both cash and gift cards. He said after using the cash for the funeral and other expenses for his kids, he thought he should pay it

forward and re-gift the remaining gift cards to someone who needed it more. He then posted on the Fort McMurray evacuation relocation help group to

find a family in need.

"As much as I like to buy my kids new toys or myself new tools it's not something I absolutely need now. This family's

"This family's needs will be taken care of and they can replace some of what they lost."

Brad MacMillan

needs will be taken care of and they can replace some of what they lost," he said.

MacMillan said just like in his situation, a family friend nominated the Fort McMurray family to receive his gift.

"They're a really great family and they could really use this right now," said MacMillan.

MacMillan said he and his son Gabriel were able to meet the family last week to give them the gift cards.

"They were so grateful," he said. "They're happy to see so many people willing to help right now."

Lewis said MacMillan's actions speak to the inherent giving spirit of Albertans, especially for someone also experiencing hardship.

"For him to automatically think of someone else is so, so incredible," he said. "We gave it to him because we wanted to help him, so for him to immediately turn around and find a way to help someone who has a greater need than you just speaks to his character, our province and our country."

RESCUE EFFORTS

Task force seeks funds to restock



Helen Pike
Metro | Calgary

A Calgary-based disaster response team has helped front about \$5 million in equipment and expertise that was sorely needed for the Fort McMurray fires.

Now, Chief Tom Sampson of the Calgary Emergency Management Agency says they need about \$3 million back to prep for more disasters, but are being asked to fill out a form to submit to their federal counterpart.

"I'll be straight, it's inappropriate to ask Calgary to fill out an assistance program application to apply to the government to get a portion of our cash back into place. That's inappropriate, we stepped up, we did the right thing when Albertans were in trouble, and frankly the federal government should write a cheque."

Calgary is home of Canada Task Force 2, the heavy urban search and rescue team currently on the ground thousands of kilometres away from the city.

"Our entire cache was taken to Fort Mac," said Sampson. "Last night we got a couple of those trailers back, the ones that weren't in use anymore. But we have a problem in the sense that we have to restock that cache."

The government of Alberta has been talking with Sampson about creating a provincial task force and adding it to the current Canada Task Force 2 in Calgary. He said the current program needs to be funded this year and next by the federal government.

SPACE

Another Canadian getting sent into orbit

Quebec engineer and doctor David Saint-Jacques says he's not entirely sure why he was chosen to become the next Canadian to work aboard the International Space Station — but he'll gladly accept the mission.

"They had to pick one of us," Saint-Jacques said when asked why he believed he was chosen over his co-astronaut-in-training Jeremy Hansen.

"I guess the important (thing) is that there are two space flights coming up for Canada. This is the first one and I'm looking forward for (Hansen) getting the next shot."

Saint-Jacques, 46, is scheduled to travel to space aboard the Russian Soyuz rocket for a six-month mission in November 2018.

"I promise to live up to your expectations," Saint-Jacques told a group of schoolchildren gathered Monday at an Ottawa



Astronaut David Saint-Jacques THE CANADIAN PRESS

museum, where Minister of Science and Innovation Navdeep Bains announced the assignment.

"A mission like this makes Canada much bigger."

Training for Saint-Jacques, who is a medical, engineering

and astrophysics specialist, begins this summer in Canada, Russia, Japan and the United States.

Saint-Jacques said he was inspired to be an astronaut by the many Canadians who flew out of Earth's atmosphere before him.

"I stand on the shoulders of giants," he said. "The astronauts who have preceded me, they were my childhood inspiration, my colleagues and my mentors."

Saint-Jacques will become the ninth Canadian to travel to space, six of whom worked at the International Space Station. In all, Canadians have made 16 space flights to date.

"These men and women have captured our imagination, motivated us to work and study harder, and inspired us to be our best," said Bains.

THE CANADIAN PRESS

LEGISLATION

Feds to table bill aimed at transgender rights

Legislation to extend human-rights protections to transgender Canadians will be tabled in the Commons on Tuesday, says Prime Minister Justin Trudeau.

Trudeau confirmed the news in Montreal on Monday as he received an award named after Laurent McCutcheon, a long-time gay-rights activist.

Tuesday is International Day Against Homophobia, Transphobia and Biphobia.

"We must continue to demand true equality," Trudeau said. "We must carry on the legacy of those who fought for justice by being bold and ambitious in our actions and we must work diligently to close the gap between our principles and our reality."

Trudeau said Canada must do more to fight homophobia



Prime Minister Justin Trudeau THE CANADIAN PRESS

and transphobia, mentioning that gay men still cannot donate blood in Canada.

Trudeau said he will also attend Montreal Pride this summer, "which is just a regular part of my summer schedule but a very first for a prime minister." THE CANADIAN PRESS

HEALTH

Penis transplant is a first for U.S.

A cancer patient has received the first penis transplant in the United States, a Boston hospital said Monday.

Massachusetts General Hospital has confirmed that Thomas Manning received the transplanted penis in a 15-hour procedure last week.

The New York Times first reported the transplant Monday.

Dr. Curtis Cetrulo, who helped lead the surgical team, tells the newspaper that normal urination should be possible for the 64-year-old Manning in a few weeks, with sexual function possible in weeks to months.

The Times reports most of Manning's penis was removed during his battle with penile cancer.

The world's first penis transplant was performed at the

University of Stellenbosch in South Africa in December 2014.

That patient had his penis amputated three years earlier after complications from a circumcision performed in his late teens.

The university near Cape Town said in announcing the transplant in March 2015 that the 21-year-old patient, whose name was not released, made a full recovering following the nine-hour surgery and regained all function in the transplanted organ.

A man in China received a penis transplant in 2005. That operation also appeared to be successful, but the man asked them to remove his new penis two weeks later because of psychological problems experienced by him and his wife.

THE ASSOCIATED PRESS



Children hold placards as migrants and refugees take part in a peaceful protest at a refugee camp near the northern Greek border of Idomeni on Thursday. THE ASSOCIATED PRESS

UN fund prioritizes refugee education

SCHOOL

New program aims to reach many of 20M displaced kids

Former British Prime Minister Gordon Brown on Monday announced the creation of the United Nations' first humanitarian fund for the education of refugee children.

Acting in his role as UN special envoy for global education, Brown said the fund hopes to reach many of the estimated 20 million school-age refugees

and displaced persons around the globe who are being denied an education as part of "the largest population of displaced girls and boys since 1945."

Brown said the number of children who are missing out on schooling due to displacement is becoming a global crisis that will haunt the world for generations.

"When we ask ourselves what breaks the lives of once thriving young children, it's not just the Mediterranean wave that submerges the life vest and it's not just the food convoy that does not arrive in Syria, it's also the absence of hope — the soul-crushing certainty that there

\$3.85B

Amount the "Education Cannot Wait" initiative will seek to raise from 100 donors over the next five years. The initiative will be launched next week in Istanbul.

is nothing to plan or prepare for, not even a place in school," Brown said, speaking by telephone to reporters at the UN.

The initiative, entitled "Education Cannot Wait," will be formally launched at next week's

World Humanitarian Summit in Istanbul and seeks to raise \$3.85 billion from some 100 donors in the public and private sectors over the next five years.

The initiative, which has been in the works for three years, was inspired by the refugee crisis in Syria, but funds will be available for refugees around the globe.

Brown said that the vast majority of people fleeing the war in Syria remain in the region, and if parents believed their children could get an education there, they would be more likely to stay in place, rather than undertake the risky passage to Europe.

THE ASSOCIATED PRESS



Thomas Manning, 64, is recovering well after undergoing the first penis transplant in the United States. GETTY IMAGES

IN BRIEF

Missouri doctors deliver baby after mother dies

Missouri doctors managed to deliver a baby whose mother was killed in a crash on her way to give birth.

Sarah Iler and the baby's father, Matt Rider, were headed to a hospital in Poplar Bluff when his SUV was struck by a tractor trailer, according to reports.

The collision pushed the SUV into the median, and Iler and Rider were ejected, police said Monday, and Iler was declared dead at hospital, where doctors performed an emergency cesarean section and delivered her daughter.

Maddyson weighed four pounds and 15 ounces and was full-term when she was born. THE ASSOCIATED PRESS

ISS makes 100,000th orbit

It's 100,000 laps around Earth and counting for the International Space Station.

The space station reached the orbital milestone — 17-1/2 years in the making — Monday morning. NASA said these 100,000 orbits are akin to travelling more than 2.6 billion miles. That's equivalent to 10 round trips to Mars, or almost one way to Neptune.

Each orbit takes about 90 minutes; 16 orbits comprise a station day.

Astronauts have been living continuously aboard the 250-mile-high complex since 2000. Construction began two years before that. Since then, 222 people have lived or visited there.

THE ASSOCIATED PRESS

EQUADOR

Quake-hit town still picking up the pieces

A month after a devastating earthquake flattened the Ecuadorian beach town of Pedernales, people are still living in tarp shelters and schools remain closed. Just a third of the rubble has been swept from the streets.

Some of those whose homes were wrecked survive by scavenging through the debris and panhandling. And some go hungry.

Officials deployed a giant flag over the town Monday to commemorate those who died in the magnitude-7.8 earthquake that killed 660 and initially left

tens of thousands homeless.

Aid poured in from around the world, but officials say more than 7,000 people remain without a home.

Ecuador was already struggling economically before the disaster. President Rafael Correa has hiked taxes to fund the recovery but says it will take years to rebuild the beach towns and tourist hubs levelled by the quake.

He urged the country to keep its spirits up Monday.

"The pain is immense, but the hope is greater," he wrote on Twitter, adding that the

100K

More than 100,000 children remain out of school, according to a report released Monday by the United Nations Children's Fund, which said it had not received the donations it needs to attend to the disaster.

country had proved its mettle in the face of the tragedy.

The situation is much better

than it was a month ago. International workers are working with the government to set up hundreds of temporary schools and living spaces, and victims are getting psychological and medical services.

But in Pedernales, residents are living much of their lives outside. On Saturday, a family prepared a pig to eat on a mat in the sand in the midst of makeshift shelters. People set clothes to dry on the roofs of their tents, and had their hair cut in barber's chairs set up on the street.

THE ASSOCIATED PRESS

Trucking needs new blood

EMPLOYMENT

Industry struggling to attract young workforce

After 40 years as a truck driver, Jack Fielding says it's easier to name the places in North America where he hasn't been than the ones he has.

And after driving five million kilometres, the 57-year-old still enjoys the freedom of the road.

But as Fielding and thousands like him near retirement age, the industry is struggling to recruit young people who share his enthusiasm for the job.

This means the industry is facing a looming labour shortage that could reach 48,000 drivers by 2024, according to the Canadian Trucking Alliance.

The average age of a truck driver is over 47 and almost 30 per cent of the driving force is 55 or over, which makes it one of the oldest workforces in Canada, according to the organization's president.

"Tens of thousands of them are nearing retirement and



Truck driver Nadine Gauthier is working on behalf of Quebec's trucking association to encourage more women and girls to consider careers as truck drivers. PAUL CHIASSON/THE CANADIAN PRESS

we're not getting anywhere near our commensurate share of new drivers into the business," says David Bradley.

There are multiple reasons for the looming shortage, but many believe the lifestyle simply isn't attractive to a younger generation.

Fielding, for example, usually works 10-14 days straight, with three days off between

trips. Schedules are not set in advance, and drivers often work 12 hours or more a day.

"You're not home with your friends on Friday nights having parties," he says. "If you have a family you might miss out on birthdays and things like that."

Bradley says this makes it harder to attract younger people or those with families, who tend to place a higher

emphasis on work-life balance than older generations. It may also explain why the industry struggles to recruit women, who make up only about four to six per cent of the driving population.

Nadine Gauthier, who spent six years driving shipping containers around the Montreal area, is trying to change that.

The 43-year-old, now a super-

visor for Simard Transport, also works on behalf of Quebec's trucking association to convince girls and women that trucking isn't just a "man's world."

She says that while the first women "pioneers" may have been given a hard time, the industry has become very welcoming to women.

The average salary for a truck driver was listed as \$40,728 in 2011, although Bradley says long-haul truck drivers can easily make \$70-80,000 a year.

However, they're often paid by the mile, which means their income can fluctuate based on unexpected delays or traffic. They also tend to work longer hours than the rest of the population.

It's also difficult to hire immigrants, except under the Temporary Foreign Worker program, since truck driving is not considered a skilled occupation and drivers therefore aren't eligible for most federal economic immigration programs.

Bradley believes long-term solutions are needed to ensure people who enter the profession stay there, instead of viewing it as a stop-gap between jobs.

THE CANADIAN PRESS

RETAIL

Amazon to expand offerings

Amazon is planning to expand the store-brand items it sells to new categories including food and household products, according to a report by The Wall Street Journal.

The new products could include nuts and spices and other consumer goods such as diapers.

The Wall Street Journal report cites unnamed people familiar with the matter. Amazon.com Inc. declined to comment.

Amazon already sells an array of private-label products, or products designed by a third-party manufacturer and sold under a retailer's name — usually cheaper than name-brand products — but food would be a new category.

It has been making a push into the grocery aisle, however. It offers Prime Fresh, a \$299 annual grocery delivery service, in several cities on the West and East Coasts. Currently, the Amazon Basics line includes everything from patio furniture to office products. It also sells clothes under its labels Lark & Ro and Franklin & Freeman.

THE ASSOCIATED PRESS



Did you borrow and repay a loan from The Cash Store, Instalogs or Loans Alberta in Alberta after October 15, 2001?

If so, you may be entitled to a payment under a class action settlement.

To receive your payment under the settlement, you must complete the online Claim Form at www.cashstorerefund.com by August 22, 2016.

More information on the settlement can be found at www.cashstorerefund.com.

Loans borrowed in other provinces may also be eligible.

REAL ESTATE

April home sales in Canada set record

The number of homes sold in Canada last month hit a record as supply tightened, particularly in the Toronto area, where a fiercely competitive market is dissuading some homeowners from putting their properties up for sale, the Canadian Real Estate Association said Monday.

There were 57,669 homes sold nationwide over the Multiple Listing Service in April, a 10.3 per cent increase from the same month last year, the industry organization said.

The rise in sales came as the number of new homes put up for sale slipped 3.7 per cent from a year ago to 103,028.

That trend was even more pronounced in the Toronto area, where new listings were down 10.3 per cent compared to April 2015.

"While significant home price gains may entice some homeowners in these markets to list their home for sale, the issue for many is that the decision to move means they would also be looking to buy while competition for scarce listings is fierce," CREA chief economist Gregory

Klump said in a statement.

"As a result, many homeowners are deciding to stay put and continue accumulating capital gains. That's keeping listings off the markets at a time when they are already in short supply."

Still, CREA says sales in April were up year-over-year in about 70 per cent of all local markets compared with a year ago, boosted by B.C. and the Toronto region.

Compared with March, sales were up 3.1 per cent in April, while new listings declined 0.2 per cent.

Month-to-month figures for Vancouver and Toronto suggest the two frothy markets may be starting to cool, CREA president Cliff Iverson said.

In the greater Vancouver area, April sales were virtually flat from the previous month — up a meagre 0.1 per cent — while in greater Toronto sales climbed 3.2 per cent on a month-to-month basis. That comes on the heels of a tepid March.

THE CANADIAN PRESS

IN BRIEF

Twitter to knock links, photos out of the limit

Twitter will soon stop counting photos and links in its 140-character limit, said a source, who added the change could happen in the next two weeks. Links now take up 23 characters.

TORSTAR NEWS SERVICE

New drug aims to calm spooked dogs down

Fido and Spot may not have to cower under the bed when fireworks and thunderstorms hit, thanks to the first prescription veterinary medicine for treating anxiety over loud noises. Medicine maker Zoetis said Monday that Sileo will be available within a week.

TORSTAR NEWS SERVICE

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ROSEMARY WESTWOOD

ON THE BATHROOM-LAW CONTROVERSY

The “protect our little girls” argument allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that trans people are to be feared.

Pity all the little boys in America.

Nobody, it seems, cares for them.

The raging debate over where transgender people get to go to the bathroom has made that fact, among others, abundantly clear.

Judging by the U.S. media fervour, it seems every reporter has been tasked with one goal: getting comment on the Obama administration's directive last week that all schools accommodate transgender students, including letting them use the bathrooms where they feel comfortable.

And for every microphone, there's been a call to save all the helpless girls of America. Take Ted Cruz's comments last month: “Have we gone stark raving nuts? Strangers shouldn't be alone in bathrooms with little girls.”

Or this, from pastor Ron Baity in North Carolina, the state being sued by the federal government for a law that forces trans people to use the loo that coincides with the sex on their birth certificate: “He could be there to look at the anatomy of the opposite sex,” Baity said, imagining a predator masquerading as transgender. “He could be there to bring damage to a young girl.”

Like everyone else fueling the uproar, he didn't bother to fear for the sexual safety of little boys. There

are two reasons for this. The first is the sexist, and still widespread, idea that females are weaker and in need of more protection. The second is that people like Baity are simply anti-trans and are using their condescending concern for girls' welfare as cover.

pedophiles, part of a larger narrative that transgender people are to be feared. During On Point, a national radio call-in show last week, one man told the story of a transgender woman using a woman's changeroom this way: “They were just petrified, all ages, this big hairy



THE CANADIAN APPROACH Prime Minister Justin Trudeau listens as he is presented with the 2016 Laurent McCutcheon Award for his commitment to fighting homophobia and transphobia, in Montreal on Monday. Trudeau later announced he would table legislation today aimed at protecting transgender rights. PAUL CHIASSON/THE CANADIAN PRESS

“What gets socially coded as fear is often just masked transphobia,” Sheila Cavanagh, professor of gender and sexuality studies at York University, told the New Yorker this week. “People know that it's less acceptable to be transphobic than it is to say, ‘I worry about the safety of my daughter.’” She also called the fear of fake transgender predators “far-fetched” and without evidence. Far better documented, she added, is discrimination against transgender people trying to use a restroom.

The “protect our little girls” argument also allows some to equate their transgender neighbours with

guy walking around as if he had every right to do so.”

We shouldn't be surprised that bathrooms are causing all this stir. They are a single point of public nudity in a culture that is terrified of its own genitalia and sexuality. And they have a history of being used for sexual fear-mongering, including in the racially segregated U.S. South, as Diane Ravitch noted in the Huffington Post.

Then, women's sexual vulnerability was invoked as cover for race-baiting. Now, for gender-baiting.

In keeping with the cliché, the deregulation of bathroom spaces in Canada has been quieter. The

Vancouver School Board, the Toronto School Board, and the entire province of Alberta have all moved to allow transgender students to exercise their washroom choice, and some are adding more gender-neutral bathrooms. Many universities have similar policies. And while there has been some backlash (two Vancouver school trustees worried about scaring off international students), there's been little American-style drama.

At the heart of these changes is a recognition of the unique prejudices and discrimination faced by the transgender community. The Obama administration is trying to tackle that by reinterpreting the U.S.'s existing sex-discrimination laws in a way that addresses gender-identity issues.

In Canada, Prime Minister Justin Trudeau has decided a whole new bill is in order. Yesterday, he announced legislation to protect transgender Canadians from violence, hate speech and discrimination by adding “gender identity” as a protected category under the Canadian Human Rights Act. The legislations is expected to be tabled today to mark the International Day Against Homophobia, Transphobia and Biphobia.

It is a move whose importance cannot be overstated.

But treating people with respect and dignity shouldn't have to be legislated. It's common sense. So, too, are toilets everyone can use. It's not even a new idea. I had gender-neutral bathrooms in my elementary school classroom in the 1990s. I was a little girl.

And guess what, Ted Cruz? I was just fine.



Charging landlords for police calls could hurt vulnerable women

URBAN PARADIS

Danielle Paradis



Last week, Coun. Scott McKeen proposed Edmonton examine charging fees to residential building owners whose residents call the police too often.

In an email, he explains the idea came to him because of one building downtown — his ward — that generated 180 calls to police last year alone.

He wrote that the building owner didn't have a property manager, and the effects were obvious.

“As I argued to committee, it was like this chap was using the Edmonton Police Service as a private security company,” McKeen's email says.

McKeen estimates that the calls cost Edmonton \$90,000.

All this makes sense, but there's a class component to the issue that bears discussing.

Many of the people who have police coming to their residences are often in vulnerable situations. The impact of charging fees for access to the police will fall disproportionately on the least powerful, particularly women facing domestic violence. (In 2014, the Edmonton Police Service received 7,849 events of domestic violence throughout the city.)

If fees for service are introduced, landlords will likely pass along the costs to their tenants, many of whom are already having trouble making ends meet, says Jackie

Foord, CEO of the YWCA in Edmonton.

“Most people who live in these places aren't there by choice,” Foord says. “Many of those people are in a precarious housing situation.”

“Anything that discourages people from calling for help when they need it isn't good,” she says.

She adds that there's even a possibility someone who is abusive would be drawn to a location where complaints are frequent and landlords discourage tenants from calling the police. “It boggles the mind some of the things that abusers do.”

In a U.S. study on the topic, researchers reviewed more than 59 municipalities with nuisance ordinances. The results of the study found that high averages of black households were visited and that black women were evicted at higher rates than any other population. One-third of the calls responded to were related to domestic violence, and there were cases where landlords tried to discourage residents from calling the police.

McKeen doesn't agree that domestic violence would be an issue. “I think this is a red herring,” he says in his email. “I believe if police were being called to the same residence on domestic violence concerns even twice a month, other services and interventions would be brought to the situation to solve the threat.”

But domestic violence isn't an easily solved problem. Without careful consideration, battered women will bear the brunt of any nuisance-fee policy.

Treating people with respect and dignity shouldn't have to be legislated.

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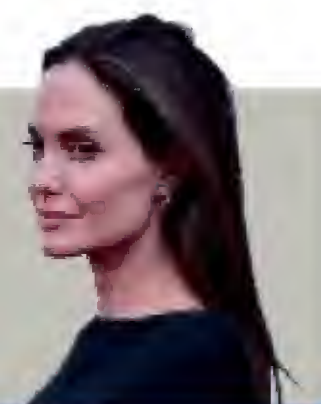
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Codependency is not kindness

RELATIONSHIPS

Beware when selflessness becomes selfish and irritating

Katrina Clarke
Torstar News Service

One of the defining moments in Michael DeCorte's life came in 2003 after visiting a sick friend in the hospital.

"When I was at her bedside, I thought to myself, 'It's a good thing I'm here right now because I look like a good friend,'" he said, noting he valued this woman because she was cool and beautiful. "(Being there) secured the friendship."

The friend called bulls—t. He was there to make himself feel better, not her, she said.

DeCorte identifies as a recovering addict of "codependent friendships," a term describing relationships in which one person regularly performs acts intended to earn approval from others, validating their own self-worth and avoiding conflict. Experts say it's a learned emotional and behavioural condition, more common among women, that can impede people from forming balanced relationships, but is not necessarily unhealthy.

Comedian and actress Whitney Cummings put a spotlight on the issue in a December article for Elle magazine and newsletter-slash-website Lenny Letter, in which she self-identified as codependent.

SIGNS YOU MAY BE CODEPENDENT

Think you might be too reliant on your friends? Here are some red flags from Candace Plattor, an addiction therapist and author of *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*.

You're constantly giving in your friendships without getting much in return.

You often feel you're not as good as other people so you "play small" and make others' needs more important than your own.

You are extremely uncomfortable with confrontation, even when you feel disappointed, angry or resentful, you don't admit this to your friends because they might become upset or angry with you.

You attempt to convince yourself your problems are not that bad, rather than trying to change the dysfunctional dynamics in your friendships.

TORSTAR NEWS SERVICE



Michael DeCorte, left, identifies as a recovering addict of codependent friendships. He meets his friend Liam McElheron for yoga in Toronto. J.P. MOCZULSKI/ FOR TORSTAR NEWS SERVICE

"Essentially, if I drive you to the airport because you can't afford a taxi and I expect nothing in return, that's benevolent," she writes. "But if I drive you to the airport secretly hoping you'll like me, owe me, won't abandon me down the line, or to control your perception of me (i.e., I want you to think I'm nice), that's codependent."

In the article, Cummings de-

tails prioritizing buying expensive candles for friends over paying rent, helping mend friends' broken hearts when she didn't have time to floss, and focusing so intently on helping sick family members, she once contracted pneumonia without noticing.

"There's nothing wrong with being kind," said Darlene Lancer, a California-based marriage and family therapist and author of *Co-*

dependency for Dummies. "But if you feel like you'd rather not but you don't feel like you can say no ... then maybe it's a behaviour pattern, it's not coming from a place of conscious choice."

Lancer said examples of codependent friendships might include one friend often buying the other gifts without the gift-giving being reciprocated, regularly giving advice and feel-

ing angry when the advice isn't followed, or feeling too guilty to say no to requests. But it's not necessarily harmful.

"It doesn't always create unhappiness," said Lancer. "In some older generation (couples) ... the wife always does what her husband wants. She doesn't have much of a separate personality but it doesn't bother her because this is all she's known,

or it's part of their religious or cultural ethos."

In fact, Lancer calls codependency "rampant" in modern society, but says codependent relationships have long been around. As women became more independent and society shirks patriarchal norms, codependent relationships were deemed problematic, she said.

Lancer points to childhood incidents or trauma to explain how the behaviour is learned; bullying at school, parental discord — especially if one parent starts relying on the child for support — or sibling abuse can all contribute, she said.

So how do experts say one can unlearn codependency in friendships?

"Counselling," said Candace Plattor, an addiction therapist based in Vancouver, who considers codependency an addiction. People who suspect they have codependent tendencies need to reflect on what is causing their behaviour, she said.

As for Michael DeCorte, a recovering addict, he suspects when his addictions were rooted in insecurity and self-centeredness. Once he gave up drugs and alcohol 15 years ago, he latched on to the next best thing to feed his needs — friendships.

And that sick friend who called him out? She dumped him as a friend, disinvited him from her wedding and left him in shambles.

But once the dust settled, he regrouped. Through work with psychotherapists and mentors, he now realizes popular friends won't give him the self-confidence or validation he craved.

RELATIONSHIPS

The power of a meaningful friendship

Are you craving intimacy in your life? If so, it's probably not just the romantic kind, according to friendship expert Shasta Nelson. In her new book *Friendtimacy: How to Deepen Friendships for Lifelong Health and Happiness*, Nelson talks about how to have lasting, life-changing relationships with your friends. We chatted with Nelson about what it takes to develop that sort of bond.

In your book, you talk about an intimacy gap many of us feel in our

friendships. What is that, exactly?

It's the gap between what we wish we were experiencing in friendships and what we're currently experiencing. It speaks to the fact that we all know a ton of people — it's not a lack of a social life — but we're not feeling that our friendships are deep or fulfilling enough.

Women are juggling busy careers, raising kids, spending time with their

partners and maintaining friendships. Can they really have it all?

It's a great question. Women can't have it all at the same time, and we have to choose. We can't allow friendships to be a nice-to-have at the end if we get everything else done and have time. We're biologically wired to have friendships in our lives — it should be a top priority!

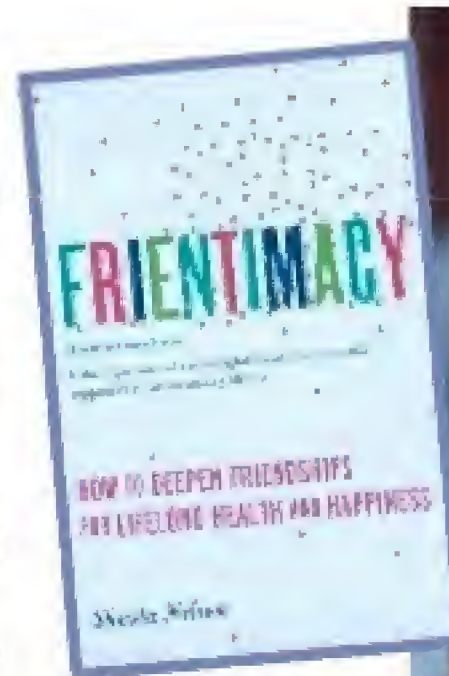
Our culture values productivity and consumerism, but I'm calling on women to

be countercultural. Let's just go straight for the relationships and try to prioritize them. We're more likely to feel amazing when we're feeling loved and connected.

If you could offer one key piece of friendship advice based on your research for the book, what would it be?

I would say: Initiate the connection that you're craving with your friendships. If you want more meaningful relationships, it's in your hands.

TORSTAR NEWS SERVICE



Initiate the connection you're craving with your friends, says Shasta Nelson, author of *Friendtimacy*. COURTESY GUDMUNDUR IBSEN



Try the garland pose with a twist

YOGA

Simple posture will improve upper body flexibility

In the language of yoga, the word *mālā* means garland and *mālāsana* is garland pose. Try this starter version of Twisted Garland Pose to sample the primary actions that will eventually allow you to wrap your arms around the body like a decorative wreath.

1. Squat with your feet close together and knees a little wider than your torso. You can always separate your feet and allow the toes to turn out a few degrees.

so long as the kneecaps point in the same direction as your toes. Support your pelvis with a yoga block or stack of books to ensure your heels rest easily on the ground.

2. Bring the left hand to the centre of the chest in half prayer, sliding the elbow down the inner left leg, and place right palm on right kneecap.

3. Initiate a very gentle right-side twist by resisting your left upper arm against the inner shin while pressing your right hand down onto the knee. Turn your head a few degrees and gaze up toward the right.

4. Take a mindful, five-breath journey into this squatted twist before unwinding the pose.

5. Pause for a moment before switching sides.

Those with osteoporosis, disk herniation or a history of back spasm should consult a health-care professional before

attempting this pose.

All māls are not alike
The Sanskrit language features both long and short vowels that influence meaning. Long vowels are marked in the International Alphabet of Sanskrit Transliteration with an overline.

The word *mālā* (pronounced *maa-laa*) means garland or necklace, while *mala* (pronounced *ma-la*) means dirt, impurity and bodily secretion. Inattention to Sanskrit pronunciation can inadvertently turn Garland Pose into Potty Pose, which is not a terrible name for this pose, as it turns out.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

NUTRITION

Folate-autism link troubles experts

For decades, pregnant women have been advised to take folic acid to help prevent birth defects.

But a new study suggests it may be possible to get too much of a good thing. Very high levels of the vitamin in mothers' blood at the time of birth was linked to higher risk of autism.

Other research points to an opposite relationship between folic acid and autism, showing that adequate amounts of the vitamin at the time of conception can significantly reduce the risk.

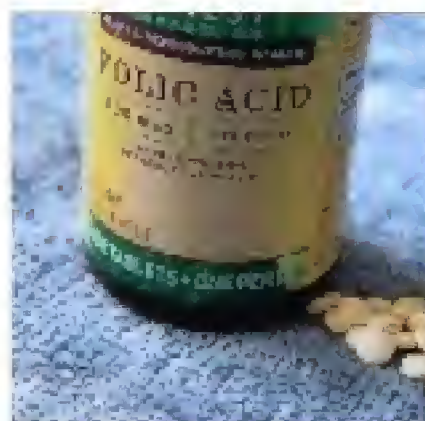
Indeed, some experts raised questions about the new research. They note the findings

are preliminary numbers, and based on a small number of families seen at only one hospital.

Also, the analysis is based on measures of the vitamin in mothers' blood at the time of delivery, which may not reveal much about what was going on in the women's body at the time of early fetal brain development.

Even the researchers themselves said there's no cause to change current recommendations. But the question should be explored in further research, study author M. Daniele Fallin of Johns Hopkins University said.

THE ASSOCIATED PRESS



A new study suggests mothers with very high blood levels of folic acid at the time of birth are more prone to having children with autism.





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The crime of being married



Actress Ruth Negga poses for photographers during a photo call for the film *Loving* at the 69th international film festival, Cannes, southern France, Monday. LIONEL CIRONNEAU/THE ASSOCIATED PRESS

CANNES

True drama recalls love that challenged the law's racism

Jeff Nichols' quiet drama about the profound and simple love that toppled interracial marriage restrictions in the United States made its debut at the Cannes Film Festival on Monday.

The film, *Loving*, stars Ruth Negga and Joel Edgerton as Mildred and Richard Loving, whose marriage got them jailed and exiled from Virginia but ultimately led to a landmark 1967 Supreme Court ruling on marriage equality.

Loving, which will open theatrically in the heart of awards season in November, is an unconventional civil rights drama in that it doesn't swell with amplified Hollywood moments or a heroic courtroom climax. Instead, it's a straightforward portrait of the couple.

"I wanted to make a movie about two people in love," said Nichols, the Arkansas director of *Mud* and *Midnight Special*. "I truly believe this is one of the most pure love stories in American history."

Nichols said he wanted to make the film outside of politics, though he referenced the story's obvious resonance to today. Lost in the pitched political battles, he said, are the lives of the individuals.

"We can talk about bathroom laws and all of this ridiculousness because it's not attached to people," he told reporters, referring to the North Carolina bill that restricts public facility use by transgender individuals to their biological sex. "It's just these politics ideas and I think

that's a waste of time."

The Lovings were humble, reluctant heroes, themselves. Their tender marriage was famously photographed by *Life* magazine's Grey Villet (Michael Shannon in the film) in 1967 with the headline: The Crime of Being Married.

For Negga, the Ethiopian-Irish actress of AMC's upcoming *Preacher*, the role was a personal and professional culmination.

"It was like being with a friend for two years," she said of Mildred. "I fell deeply in love with Mildred and Richard and their story. I think we all just wanted to do them justice."

"One of the things that struck me while working on this film is, what happens between two individuals is nobody else's business," Edgerton said.

Focus Features will release *Loving* in North America on Nov. 4.

Follow AP Film Writer Jake Coyle on Twitter at: <http://twitter.com/jakecoyleAP>

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Jill Kargman's *Jill Weber* (far right) has a hard time assimilating among *Stepford* wives like *Alice Callahan's Stephanie* (far left). CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Mockery comes off too smug

THE SHOW: *Odd Mom Out*, **S1, E9 (Shomi)**

THE MOMENT: The Rebuke

Jill Weber (Jill Kargman, who created and writes the show), a punky brunette mother of two, lives on Manhattan's Upper East Side surrounded by blonde *Stepford* moms. Jill disses their insanely pampered lifestyle with her best pal Vanessa (K.K. Glick), a doctor. But lately Jill's been drawn in. Vanessa calls her on it.

"Can't you just admit you're

enjoying this stuff?" Vanessa asks. "I'd respect you more if you did."

Jill denies it. Vanessa presses her: "Remember our pact? If I ever caught you at one of those hat luncheons, I should kidnap and deprogram you."

"This isn't that," Jill protests.

"Keep telling yourself that," Vanessa says.

I want to like this show. Kargman is funny, and she's working with foolproof material — as she says, "I can't

exaggerate anything up here." She's good at spotting and eviscerating the foibles of her tribe, whether it's their nail polish colours ("Tinkerbelle's Labia"), their faux charities (sending bouncy castles to Africa), or their stores (Flush, a juice-cleanse and colonic bar).

The problem is Kargman's smugness. While the *Stepford* moms are inane, and the crunchy moms she visits in Brooklyn are fascistic, she's simply better than them: She has great sex, a nice husband,

sweet kids. She's not satirizing women — she's mocking them.

For this show to be satire — to have punch and meaning — she'd have to implicate herself. Her tiny stab at it in this episode doesn't cut it. She may think she solved the problem. She should stop telling herself that.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

LEARNING CURVE

You just graduated. Now what?

So you've just officially become part of your college or university's alumni and are rightfully feeling proud of your accomplishments. The appropriate thing to do is celebrate and hang out with friends new and old as a reward for your achievement. After this you can address in the nagging feeling of doubt in the back of your mind.

You are unsure exactly what the correct path is to take following your graduation. Since the recession took hold young Canadians have battled to find suitable jobs matching their credentials so it's quite normal that many graduates leave campus scratching their heads. Depending on the qualification you acquired you may be considering gaining practical experience in college. Or maybe there are a number of posts you could fill in a certain industry and the option of trying on a few temporary hats appeals to you.

"Engage in self reflection and try out a lot of new things," says Shane LeBlanc, career programming co-ordinator at Dalhousie University in Halifax. "Maybe that's volunteering or trying out different jobs so you can better understand what you are looking for. Discover what you like, what you don't like and what you are good at. The information garnered from these experiences will help guide you in your career direction," added LeBlanc.

Updating and circulating your resume is another important post-graduation move. Most people have some debt to pay off after years of studying so getting a job or as least applying for one is also advisable.

"Get your resume out there for sure," says Renae Lafi, advising and recruitment associate at Red Deer College in Alberta. "You're fresh, excited and you're still on the high most new graduates experience so employers will respond well to that. Getting your feet wet in



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that realm is a good idea because people are usually hungry to succeed."

If you are in the enviable position of having no debt with some disposable income at hand, taking a trip abroad could help. Unwind, enjoy yourself, clear your head and think hard on your future. Ask yourself questions like: Does money or job satisfaction make me happy? Or

do I strive for both?

The truth is that on leaving post-secondary education most people have a host of questions swirling around in their mind. Try to slow down and answer them one by one. A few bouts of trial and error in the job market and your own self discoveries should help you see where your future lies.



CONTRIBUTED

Go with the flow of the future of technical design

A PhD in the field of computational fluid dynamics is largely about calculating flow and finding the best ways to manage it.

Someone who can master this complex field is likely to be a person who can also guide people on their journey from student at a career college to employable graduate, as well — it's another kind of flow, after all.

"I tailor the presentation to the fabric of the classroom," says Dr. Muhib Rahmatalla, Digital School Technical Design College head instructor.

"My job is to simplify complex engineering concepts so our students can put them to

use in their designs."

Rahmatalla's students learn computer-aided drafting and design (CAD) skills they can put to any number of applications and careers once they graduate, whether in areas specifically involving engineering, or architecture, manufacturing, industrial design, and even interior design and marketing.

There's a lot of crossover between disciplines, especially in the era of building information modelling, or BIM, which Digital School is embracing fully as the future of technical design.

BIM focuses on coordination, communi-

cation, and collaboration between almost everyone involved in a project.

Rahmatalla sees a parallel between the real-world applications of BIM and the Digital School way of doing things.

As Digital School works to establish itself as the BIM College in Alberta, and even around the world through its online computer aided drafter certificate, having someone like Rahmatalla overseeing the process gives students and faculty alike a feeling that no matter what, the flow will be well calculated.

For more information, visit digitalschool.ca.

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Online education removes many barriers to learning

Robertson College Online is a successfully growing Canadian campus providing quality online post-secondary education in the areas of business, health care and information technology.

"Online education allows students with a variety of backgrounds and experiences to take courses and programs without some of the traditional barriers to attending, such as moving to the city or long commutes to school," says Keith McConnell, campus director, Robertson College Online.

"At Robertson, we recognize that everyone has the right to achieve post-secondary education and we try hard to provide an offering to meet the needs of the students and match that with industry needs to grow the knowledge of our communities."

To meet the diverse needs, Robertson College Online offers programs in key areas of the economy like business, IT and health care, with new programs being added regularly, such as the new community support worker

program, accounting and payroll administrator program, and administrative professional/bookkeeper program.

"When a program makes sense to be delivered in an online format we make sure we can deliver a high quality experience that is the same as an in-person traditional campus program," says McConnell.

"To assist, we now offers 10 start dates a year for new students and programs, this helps us meet the needs of employers so that as you graduate you will be provided opportunities for employment in your field of study."

Online education is ideal for anyone who has other commitments during traditional school hours (8 a.m. to 4 p.m.) and wants to pursue a college diploma.

"The student is provided with a weekly structure to ensure they complete full time studies while providing flexibility to complete their studies based on their schedule each day," says McConnell.



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Many of the Robertson College Online programs are eligible for provincial student aid funding as well as Canadian student loans.

In addition Robertson College offers no interest payment plans to eligible students. All students receive one on one personal

support by staff at Robertson College to assist them in exploring all the financial options available.

For more information about Robertson College Online and the programs available, visit robertsoncollege.com.

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My Step Forward

College to hold pop-up massage clinic in support of food bank

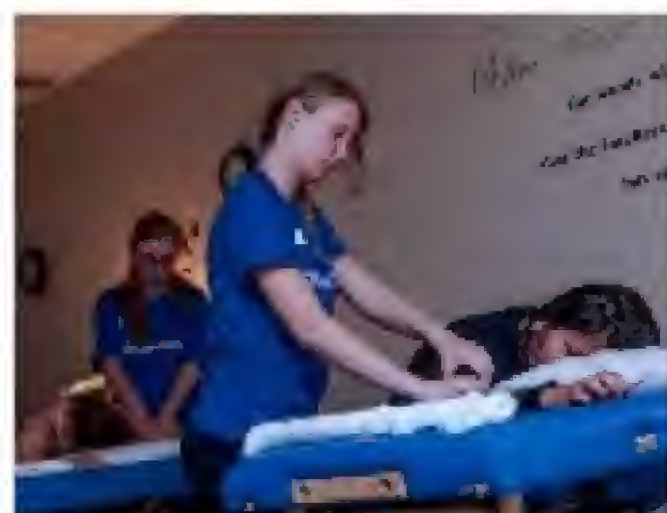
The students and staff of CDI College's Edmonton North campus are summoning all hands on deck to fight hunger in the city.

On Friday, June 3, more than 230 Massage Therapy students, alumni, staff and volunteers will hold a pop-up massage clinic and community celebration at the college's Edmonton North campus.

Visitors can get a 20-minute massage for a minimum donation of just \$10, and all proceeds from the project will go to the Edmonton Food Bank.

Celebrity guests will be rolling up their sleeves alongside the CDI College team. Former flyweight boxer Scotty Olson and Canadian wrestler Sean Dunster will be some of the few celebrity guests offering massages for a special donation.

Getting a massage from a celebrity isn't



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the only way to enjoy the event and participate in the fundraiser. Visitors can also enjoy the bake sales, barbecues and the silent auction. There's even a chance to donate to drop celebrity guests in the dunk tank.

The colouring books and face painting for kids mean there's something for everyone.

A grassroots initiative started by the Massage Therapy class at CDI College three years ago, the Massage-a-Thon has grown into an epic fundraiser. In 2014 it raised \$8,000 for the Kids Kottage Foundation, and in 2015 it raised \$7,000 for A Safe Place.

For students and staff alike, the Massage-a-Thon is a hands-on way of giving back to the community.

For more information on the Massage-a-Thon or how to donate, visit massage.cdicollege.ca.

Business administration program opens doors to career options

After drifting from job to job, Amy Zawalony decided it was time to head back to school to get into a meaningful career that provided her with job satisfaction.

She decided on the business administration program at Academy of Learning Career College because of the diversity business administration could offer.

"I chose Academy of Learning for their staff," says Zawalony.

"They are friendly and caring, always willing to help you reach your goals and make sure you apply yourself."

The business administration program is designed to prepare students for the demands of today's business environment.

Students of this program are exposed to a vast array of business knowledge, management and administration skills, and practical tools that will assist them in dealing with situations within a business related career.

After Zawalony completes this 51-week program, she says she would like to pursue a career that involves bookkeeping or HR.

"That's the beauty of my program, there are many options available," says Zawalony.



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Zawalony says she would definitely recommend Academy of Learning to future students who are looking to take the next step in their educational journey.

"They take the time to help you and see you as an individual, not a number," says Zawalony.

For more information about the business administration program at Academy of Learning, visit academyoflearning.ab.ca.

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Happy graduate recalls breaking down barriers and saving lives

When he was in Grade 12, Richard Kusi-Menkka struggled with one of life's most important decisions.

"I wasn't too sure what I wanted to do when I got out of high school."

What he did know was he liked helping people and — perhaps most importantly — he still listened to his mother.

"My mom suggested that maybe I look into nursing."

That wasn't quite what he wanted to hear. The whole gender stereotype stuck with him.

"But as I thought about it, it came to me that, yeah, I am a people person and working in health care you do work with a lot of different people. I also liked that I would be making a difference. So I gave it a try, and as I went through the program I thought, 'you know, this is pretty cool. I can see myself doing this.'"

Today, eight years after graduating from NorQuest's two-year Practical Nurse diploma program, Kusi-Menkka now works at the Misericordia Hospital. He still enjoys what he does, has no regrets about breaking the gender stereotype, and is grateful for the education NorQuest provided.



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"I felt very confident when I started working. The program prepped me well. Being a NorQuest graduate means you are legit."

NorQuest students are taught to be innovative in their thinking and to seek additional learning opportunities. As a result of recognizing a need at the Misericordia, he is now using the college's online programming to become an orthopedic technician.

"I am very happy but I know I can do more. And studying online fits my lifestyle."



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Enjoy math? Become a financial decision maker

Rewarding, in-demand positions are drawing young professionals to the field of financial administration.

The career is especially suited to those who are looking for a new career path that will give them responsibility and positive challenges.

Individuals who enjoy math and have an eye for detail are needed in the field.

Financial administrators also need to have a bigger picture view of their organization. The best will use their knowledge of the inner workings of the organization's finances to help inform managerial decision making.

Working with people is another important aspect of the job. Whether you're working with clients, management or colleagues, it's essential to have teamwork and professional business communication skills.

Roles in the field of financial administration vary widely, and include accounting clerk, audit clerk, bank clerk, and payroll officer.

The job's benefits include a good salary. A payroll clerk in Alberta makes a median wage of about \$25 per hour.

No matter the position, financial administration professionals bring a range of talents

to their jobs, including bookkeeping skills, and up-to-date software skills including Microsoft Office Suite programs Excel, Word and Outlook.

The Accounting and Payroll Administration program at Reeves College is an immersive program in accounting and payroll fundamentals that provides its graduates with the skills and knowledge they need for a rewarding career.

For more information on the Accounting and Payroll Administration program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.



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Keeping your student mind sharp over the summer

Maintaining focus and concentration on a daily basis in university or college is a stiff test for the majority of students. Whether it's exam study sessions, making deadlines or managing personal matters outside the classroom, staying alert and sharp for the entirety of an academic year is tough.

So what happens when the days get sunnier and summer opens its welcoming school-free doors? Many students will be tempted to party, relax and completely forget about student life but it's probably wise not to cut oneself off completely from your studies. Keep your future in mind and find a way to integrate activities and experiences into your summer that will prove beneficial to your future career.

"Look at your overall, long-term career goals and see if you can do something in the summer that's going to help you build experience or gain qualifications in that area," says Patsy Valenzuela, supervisor for career, education and employment development at Calgary's Mount Royal University.

"It could be as simple as volunteering one day a week in an area that you are interested in. Or it could be taking a short course that moves you closer to your career goal."

For some the summer will be about working and saving money for the upcoming college or university year. This is understandable but all students should remember that keeping your brain active is also vital for your transition into the next step of your post-secondary education. Give your mind a workout whenever you can this summer and resist the temptation to indulge in partying too much. Take brain training drills online or read a

book that relates to your studies.

Ultimately, students should enjoy their time off. Recharging and rejuvenating oneself is paramount if you plan to keep your academic appetite healthy. Be careful not to put too much emphasis on course-related matters during your time off as you risk returning to university feeling frazzled and unsatisfied.

Danika McConnell, president of the student association at Edmonton's McEwan University, advises students

to find the right mix of healthy habits and interaction with loved ones during the break.

"Entering into the summer months be mindful of your own health, your mental and physical wellness," says McConnell. "When you do come to the end of August you'll be energized and ready for your full semester. Catching up with family and old friends can also help as can engaging in old hobbies. All of this benefits you when it's time to put your nose to the ground and focus."



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Sid not kidding around in OT as Pens even series

NHL PLAYOFFS

Crosby scores 40 seconds into sudden death period

Sidney Crosby beat Andrei Vasilevskiy from the circle 40 seconds into overtime, and the Pittsburgh Penguins beat the Tampa Bay Lightning 3-2 on Monday night to leave the Eastern Conference final tied at a game apiece.

Crosby, who hadn't scored since the opening round against the New York Rangers, took a feed from Bryan Rust and buried it for his fourth goal of the post-season. Matt Cullen and Phil Kessel also scored for the Penguins.

Matt Murray overcame a shaky start to finish with 19 saves as Pittsburgh improved to 3-1 in overtime during the playoffs.

"They generated a lot and he still made some great saves, kept us in it," Crosby said.

Anton Stralman scored in his return to the lineup from a fractured left leg and Jonathan Drouin picked up his second goal in as many games, but the Lightning lost for just the third time in 12 post-season games when Vasilevskiy couldn't handle Crosby's wrist shot. Vasilevskiy played brilliantly at times



Sidney Crosby, right, celebrates with Penguins teammate Matt Cullen after scoring in overtime on Monday night. BRUCE BENNETT/GETTY IMAGES

while filling in for injured starter Ben Bishop, making 38 stops.

Game 3 is Wednesday night in Tampa.

The Penguins pointed to an inability to generate qual-

ity chances from in close as a major problem in Game 1. In danger of falling behind by two games for the first time in the post-season, Pittsburgh wasted little time trying to make

Vasilevskiy uncomfortable, scoring a pair of early goals on scrambles from in front.

Cullen pounded home a rebound 4:32 in for the 39-year-old's fourth goal of the playoffs.

GAME 2 In Pittsburgh



Just over five minutes later Kessel darted in from the point and zipped one by Vasilevskiy to give the Penguins control before the first period was half-way complete.

In the span of three minutes, Pittsburgh's momentum vanished. Stralman collected a pretty cross-ice feed from Jonathan Marchessault and lifted the puck over Murray's outstretched glove to cut the lead in half with 3:23 to go and Drouin's knuckler from the right circle tied it with 70 seconds remaining.

Lightning coach Jon Cooper predicted the opener, which included a pair of illegal hits that ended with Penguins defence-men Kris Letang and Brian Dumoulin woefully making their way off the ice, may end up being the "tamest" of the series. Yet the fireworks never really developed, though Callahan's absence may have had something to do with that.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Sharks cry foul over refs' non-calls

The San Jose Sharks got just three power plays in their Game 1 loss to open the Western Conference final, and no call when Joe Thornton's bushy beard got tugged on by St. Louis Blues captain David Backes in the first period.

Coach Peter DeBoer didn't make a big deal about it Monday. Still, he believes his team deserved a lot more chances with the man advantage, and is hopeful referees will have a firmer grip in Game 2 on Tuesday night.

"St. Louis is one of the most-penalized teams in the league, regular season and playoffs," DeBoer said. "They need to call the game accordingly. Need to make them pay a price for being the most-penalized team in the power play, which we didn't last night."

“

Just seeing whose was real and making sure they weren't glued on

Blues captain David Backes on tugging the beard of Sharks centre Joe Thornton

The Blues were the ninth-most penalized team in the regular season and they've got the second-most minutes in the post-season, although they've played more games than anybody.

Blues coach Ken Hitchcock, informed of those comments, wanted to know whether DeBoer was "whining for calls."

"Well, we were told not to whine for calls, so we're not going to whine for calls," Hitchcock said. "We'll play the game, we'll play it the right way, we'll play it honest, but we'll play it hard, let the refs decide."

Five minor penalties were called, three on the Blues, and there were none in the second period when the Sharks were at their best, ringing up a 16-6 shots advantage but coming up empty and falling behind for good on Jori Lehtera's unassisted goal.

THE ASSOCIATED PRESS

MLB

Rays deal Jays big blow on scoreboard

Steve Pearce, Tim Beckham, Curt Casali and Desmond Jennings all hit home runs as the Tampa Bay Rays crushed the Toronto Blue Jays 13-2 on Monday night.

Kevin Kiermaier and Steven Souza Jr. also had RBIs as Tampa Bay (17-19) scored in each of the first four innings to build an early 11-0 lead.

The Rays offence dominated all night, outhitting the Blue Jays 17-8.

Drew Smyly (2-4) struck out six and gave up four hits and an

MONDAY In Toronto



earned run over five innings for the win. J.A. Happ (5-1) suffered his first loss of the season and was pulled after two innings. He gave up seven hits and eight earned runs for Toronto (19-21).

THE CANADIAN PRESS

IN BRIEF

MLB officer: Discipline surely to follow big melee
MLB chief baseball officer Joe Torre says discipline is obviously coming for those involved in Sunday's melee between the Toronto Blue Jays and Texas Rangers, "hopefully" as soon as Tuesday.

Torre said of the punch that the Rangers' Roughened Odor connected with the jaw of Toronto's Jose Bautista, "it certainly wasn't pretty and I hate seeing that stuff."

THE ASSOCIATED PRESS

ALPINE CANADA

Hudec left off of national ski team

Olympic bronze medallist Jan Hudec has been dropped from Canada's ski team because of a dispute with Alpine Canada.

The organization says Hudec has refused to show proof of progress on his return from a knee injury. Hudec disagrees, saying the impasse is about money and Alpine Canada's lack of faith in his ability to ski fast again.

Alpine Canada named a total of 35 skiers to its 2016-17 alpine, ski cross and para-alpine



Jan Hudec
GETTY IMAGES FILE

rosters Monday. A dozen men, including Erik Guay, Manny Osborne-Paradis and Erik Read, son of former star skier Ken Read, were named to the men's slalom and speed teams, but the 34-year-old Hudec was a key omission.

THE CANADIAN PRESS

'We're humble, we're hungry'

RAPTORS ROUND 3 PREVIEW

Casey's crew not interested in rolling over

It has been their mantra all season, us against the world, and it has been never more true than it is today.

Be certain the Toronto Raptors will take solace and a dose of inspiration going into the NBA Eastern Conference final as overwhelming underdogs to the mighty Cleveland Cavaliers.

It started even before the Raptors decimated the Miami Heat in Game 7 of their semi-final, the LeBron James versus his dear

friend Dwyane Wade and his old team was the juicy narrative.

Along came Kyle Lowry et al to spoil that notion and here they are now, seemingly just another speed bump for James and the Cavaliers.

The Raptors notice. And take it personally.

"Nobody is going to favour us going into this," coach Dwane Casey said on a conference call Monday. "The only people who are going to believe that (the Raptors can win) are in our locker-room and on the floor."

That confidence is both admirable and predictable. The Cavs have rattled off eight straight playoff wins and every so-called "expert" in the basketball world can't fathom anything other than a Cleveland win.

"We're humble, we're hungry," Casey said. "I can tell you we're going to go in confident.



The Raptors open up the Eastern Conference final on Tuesday night in Cleveland. RON TURENNE/NBAE VIA GETTY IMAGES

We're going to go in with the confidence that we're going to win. If we didn't, we're in the wrong business."

The Raptors are going to be without injured centre Jonas Valanciunas for Game 1 and Casey held out little hope his sprained ankle would

allow him to play in Thursday's Game 2. His status for when the series shifts back to Toronto for Games 3 and 4 on Saturday and Monday is equally doubtful.

That takes away from Toronto's size advantage but the Cavaliers already have a unique ros-

46.2%

The Cavaliers have been anchored by blistering 46.2 per cent three-point shooting in the playoffs, which is just a smidgen higher than their 46.1 per cent from the field. They've made a league-best 134 threes in just eight games.

Casey is loathe to make drastic changes to his philosophy at this late hour.

"If you try to stop everything, you don't stop anything," the coach said. "Our work is cut out for us to take out the three ball ... there are some things we have to adjust to take care of the three ball."

One advantage the Raptors might have is that they are in rhythm. Cleveland hasn't played since sweeping Atlanta and has been idle for eight days. The Raptors played every other day for more than a week before eliminating Miami on Sunday.

"Every series has a different theme, you hope you don't lose the momentum, the confidence, the rhythm," Casey said.

"I know our team well enough to know we're going to go out there and compete."

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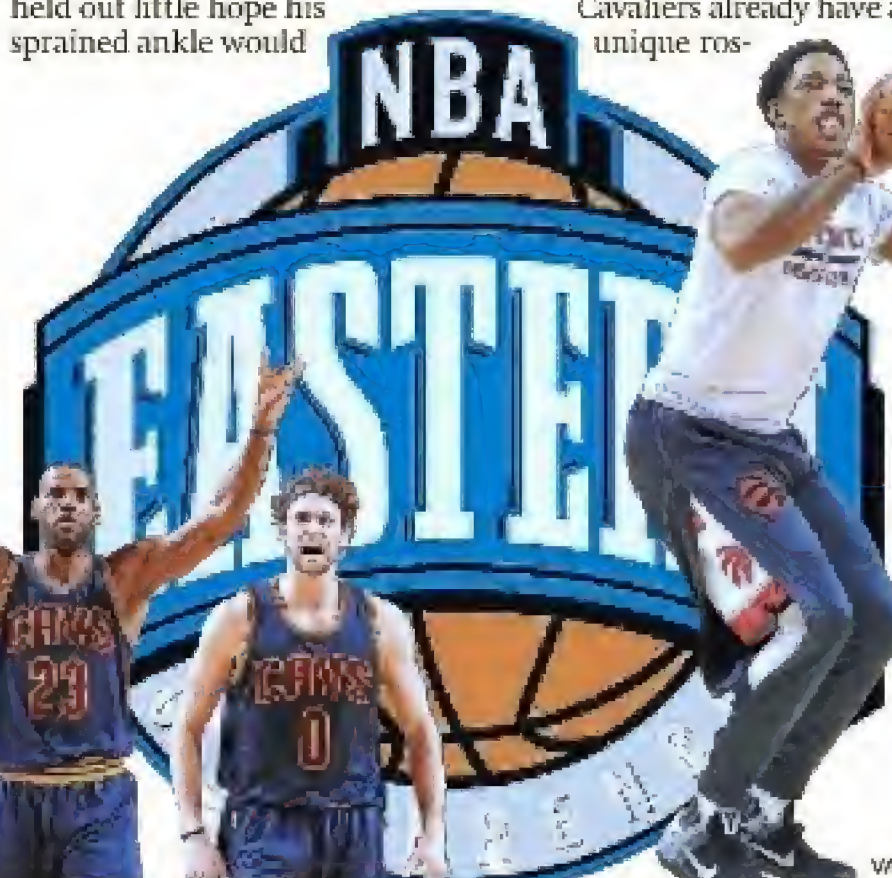
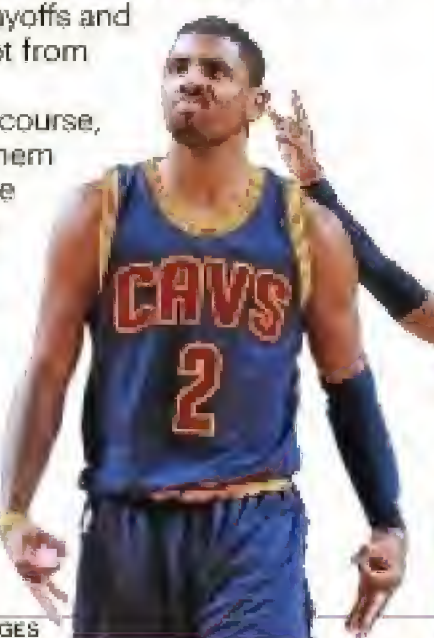
CAVS WIN IF ...

They play as well as they have through the first two rounds of the playoffs and continue to be red-hot from three-point range.

LeBron James is, of course, the engine that drives them and if he can pick apart the Raptors defence with precision passing to open teammates, it makes everything much easier.

J.R. Smith, Kevin Love and Channing Frye rained down three-pointers on the Atlanta Hawks in the second round and Toronto's defensive liability all season has been defending the three-point line, a recipe for disaster.

DANNY BOLLINGER/NBAE VIA GETTY IMAGES



RAPTORS WIN IF ...

Kyle Lowry and DeMar DeRozan can replicate their play from the last three games of the Miami series and dominate the backcourt.

The Raptors can be very good defensively but they are up against a team with a variety of offensive weapons and there can be no slippage if they even want to stay in games.

What will happen?

Toronto is playing with house money and is in a rhythm while the Cavs have been idle for more than a week.

That might be enough for them to pull off a surprise and the home crowd is worth something. Just not enough.

Cleveland in six.

TORSTAR NEWS SERVICE



WESTERN CONFERENCE FINAL

Thunder push pace in Game 1

Kevin Durant scored 26 points, including a key 17-foot jumper with 30.7 seconds left, and the Oklahoma City Thunder beat the Golden State Warriors 108-102 on their home floor in Game 1 of the Western Conference final Monday night.

Russell Westbrook scored 24 of his 27 points in the second half for Oklahoma City, which trailed 60-47 at halftime. Westbrook also had 12 assists and seven steals.

MVP Stephen Curry had 26 points and a playoff career-high 10 rebounds, but the Warriors missed too many shots down the stretch and lost their first game at Oracle Arena this post-season.

THE ASSOCIATED PRESS



Oklahoma City guard Russell Westbrook dribbles past Warriors sharpshooter Stephen Curry on Monday in Oakland. NOAH GRAHAM/NBAE VIA GETTY IMAGES

IN BRIEF

McMillan promoted in Indy

The Indiana Pacers promoted assistant Nate McMillan to head coach on Monday, ending the search for Frank Vogel's replacement after less than two weeks.

McMillan spent 12 seasons as the head coach in Seattle and Portland, going 478-452 in the regular season and 14-20 in the playoffs.

THE ASSOCIATED PRESS

Blazers' coach Stotts earns extension

A person with knowledge of the negotiations says Portland Trail Blazers coach Terry Stotts has agreed to a three-year contract

extension.

Stotts coached the young Trail Blazers to the second round of the playoffs this year.

THE ASSOCIATED PRESS

Towns owns top-rookie vote

Minnesota Timberwolves centre Karl-Anthony Towns was named unanimous winner of the NBA Rookie of the Year Monday.

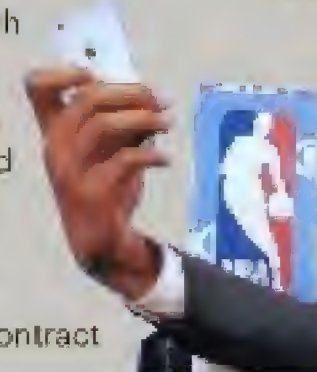
The Wolves have back-to-back honorees after Canadian forward Andrew Wiggins won the Eddie Gottlieb Trophy last

season.

THE ASSOCIATED PRESS

Karl-Anthony Towns

THE ASSOCIATED PRESS



A skillet of chicken and vegetable hash, featuring diced chicken, tomatoes, and herbs, served on a wooden surface.

			1				6	
3	4			6		5	9	
	7				2			
		5						6
	9						4	
2						8		
			3				1	
	6	1		9			8	7
	5				7			

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2015 Ford Mustang Convertible



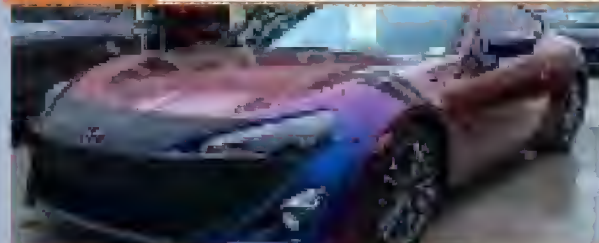
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